

DIRECTOR OF CENTRAL INTELLIGENCE
Scientific and Technical Intelligence Committee

12 May 1981

MEMORANDUM FOR THE RECORD

From: Assistant Executive Secretary, Scientific and
Technical Intelligence Committee

Subject: Proposed Schedule for the Agency Fitness Room

1. I believe that the proposed allocation of "MEN ONLY", "WOMEN ONLY", and "CO-ED" hours (see attachment) is neither in the best interest of the greatest number of fitness room users, nor does it optimize utilization of the facility. If, for reasons of sensibilities or perception, current usage data can not be used to project a fair "exclusive use" schedule, I recommend the following draft schedule for consideration:

<u>DAY</u>	<u>TIME</u>	<u>USE</u>	<u>SHOWER</u>
Monday & Friday	0600-0900	CO-ED	(M) 0600-0730
			(F) 0730-0900
	0900-1300	MEN ONLY	(M) 0900-1300
	1300-1500	WOMEN ONLY	(W) 1300-1500
	1500-1900	CO-ED *	(M) 1500-1600
			(F) 1600-1700
			(M) 1700-1800
			(F) 1800-1900
Tuesday & Thursday	0600-0900	CO-ED	(F) 0600-0730
			(M) 0730-0900
	0900-1300	WOMEN ONLY	(F) 0900-1300
	1300-1500	MEN ONLY	(M) 1300-1500
	1500-1900	CO-ED *	see Mon & Fri
Wednesday	0600-1100	CO-ED	(M) 0600-0730
			(F) 0730-0900
			(M) 0900-1100
	1100-1230	WOMEN ONLY	(F) 1100-1230
	1230-1400	MEN ONLY	(M) 1230-1400
	1400-1900	CO-ED	(F) 10-30 min past each hour.
			(M) 25 till the hour, to the hour.

2. As former Head Weight Training Coach at the U.S. Naval Academy, I am fully aware of the problems associated with a space-limited fitness facility; not the least of which is fair and impartial scheduling to accomodate the greatest number of users. The Naval Academy Weight Room is CO-ED at all times. Although the Agency weight room is not large enough and does not have the shower facilities to allow this solution, I think that a move in that direction is called for. I do not think that this proposal "gives away the farm" but rather allows those who already use the facility, the opportunity to continue doing so on a productive rotation basis.

3. I choose the hour allocation in paragraph (1) based on the following Male/Female Work-Out Routines:

MALE: Isolate Muscle Groups/Split Weight Routine (1 hr.)

Monday: 4 Hours exclusive
Heavy Work (arms, chest, legs, shoulders)
Tuesday: Recovery Time
Running & Calisthenics
Wednesday: Intense-Repetition Weight Work
Thursday: Recovery Time
Running & Calisthenics
Friday: 4 Hours Exclusive
Heavy Work (arms, chest, legs, shoulders)

FEMALE: Conditioning/Circuit Training Routine (1 Hr.)

Monday: Running and Calisthenics
Tuesday: 4 Hours exclusive
Universal Circuit Training
Wednesday: Running and Calisthenics
Thursday: 4 Hours exclusive
Universal Circuit Training
Friday: Running and Calisthenics

This schedule will also allow:

- ° Equal time for exclusive male/female use
- ° Daily CO-ED time each morning, noon and afternoon so that all Agency employees can take advantage of the facility before work, during lunch hour, or after work,

STAT

Respectfully submitted,

PROPOSED SCHEDULE

MON / WED / FRI :

6:00 - 8:00 A.M.
(SHOWERS: 7:00 - 7:30 A.M.)

CO-ED HOURS
WOMEN ONLY

8:00 A.M. - 12:30 P.M.

WOMEN ONLY

12:30 - 5:00 P.M.

MEN ONLY

5:00 - 8:00 P.M.
(SHOWERS: 5:40 - 6:00 P.M.)
6:40 - 7:00 P.M.)
7:40 - 8:00 P.M.)

CO-ED HOURS
WOMEN ONLY
WOMEN ONLY
WOMEN ONLY

TUE / THUR

6:00 - 8:00 A.M.
(SHOWER: 7:00 - 7:30 A.M.)

CO-ED HOURS
WOMEN ONLY

8:00 A.M. - 1:00 P.M.

MEN ONLY

1:00 - 3:30 P.M.

WOMEN ONLY

3:30 - 5:00 P.M.

MEN ONLY

5:00 - 8:00 P.M.
(SHOWERS: 5:40 - 6:00 P.M.)
6:40 - 7:00 P.M.)
7:40 - 8:00 P.M.)

CO-ED HOURS
WOMEN ONLY
WOMEN ONLY
WOMEN ONLY

MON / WED / FRI :

6:00 - 8:00 A.M.

CO-ED HOURS

(SHOWER: 7:00 - 7:30 A.M.)

WOMEN ONLY

8:00 A.M. - 12:30 P.M.

WOMEN ONLY

12:30 - 5:00 P.M.

MEN ONLY

5:00 - 8:00 P.M.

CO-ED HOURS

(SHOWERS: 5:40 - 6:00 P.M.)

WOMEN ONLY

6:40 - 7:00 P.M.)

WOMEN ONLY

7:40 - 8:00 P.M.)

WOMEN ONLY

TUE / THUR

6:00 - 8:00 A.M.

CO-ED HOURS

(SHOWER: 7:00 - 7:30 A.M.)

WOMEN ONLY

8:00 A.M. - 1:00 P.M.

MEN ONLY

1:00 - 3:30 P.M.

WOMEN ONLY

3:30 - 5:00 P.M.

MEN ONLY

5:00 - 8:00 P.M.

CO-ED HOURS

(SHOWERS: 5:40 - 6:00 P.M.)

WOMEN ONLY

6:40 - 7:00 P.M.)

WOMEN ONLY

7:40 - 8:00 P.M.

WOMEN ONLY

~~PROPOSED SCHEDULE~~MON / WED / FRI :

6:00 - 8:00 A.M.

(SHOWER: 7:00 - 7:30 A.M.)

CO-ED HOURS

WOMEN ONLY

8:00 A.M. - 12:30 P.M.

WOMEN ONLY

12:30 - 5:00 P.M.

MEN ONLY

5:00 - 8:00 P.M.

(SHOWERS: 5:40 - 6:00 P.M.)

6:40 - 7:00 P.M.)

7:40 - 8:00 P.M.)

CO-ED HOURS

WOMEN ONLY

WOMEN ONLY

WOMEN ONLY

TUE / THUR

6:00 - 8:00 A.M.

(SHOWER: 7:00 - 7:30 A.M.)

CO-ED HOURS

WOMEN ONLY

8:00 A.M. - 1:00 P.M.

MEN ONLY

1:00 - 3:30 P.M.

WOMEN ONLY

3:30 - 5:00 P.M.

MEN ONLY

5:00 - 8:00 P.M.

(SHOWERS: 5:40 - 6:00 P.M.)

6:40 - 7:00 P.M.)

7:40 - 8:00 P.M.

CO-ED HOURS

WOMEN ONLY

WOMEN ONLY

WOMEN ONLY